

“The Joy of a Healthy Brain” Articles

”The Joy of a Healthy Brain” is the title of an article written monthly by an RSVP volunteer and sent to all Brain Boosters participants for use in their newsletters.

The Joy of a Healthy Brain- October 2008

If we were asked what brings us joy, each one of us would be able to list those things that bring us joy. As we become more “senior”, one of the things that many of us might have on our “joy list” is having a healthy body. We consider it a blessing to have good health and try to do things to keep it healthy. One of the things we sometimes don’t think about, however, is the joy that we can experience by keeping our brain healthy. Maybe we don’t even know what to do to keep our brain healthy.

For the next twelve months this newsletter will include a column on “The Joy of a Healthy Brain.” The benefits of knowing how to do mental exercises are (1) improved concentration (2) improved memory, and (3) creation of a “brain reserve” that will help protect against problems like Alzheimer’s. The newsletter articles will share with you some specific things that you can do to keep your brain strong and your memory sharp._So here’s to you and the joy of a healthy brain!!!

These activities should be done daily:

- Do a stress management exercise: For 5-minutes close your eyes, breathe deeply, and think about beautiful landscapes or anything that usually makes you smile._
 - Short-term memory: Memorize the telephone numbers of your friends and relatives. Do simple addition, subtraction, and multiplication problems._
 - Talk to new people, and try to learn something interesting about them._
 - Sit in a different place at your house or at your center._
 - Try a new game or activity._
- The three key principles for good brain exercises are: newness, variety, and challenges. In other words, do new things, do things in different ways, and do things that may at first seem hard.

Good luck and have fun!